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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-4 (cancelled)

Claim 5 (currently amended) A fastener, comprising:

a spiral set of teeth, wherein said spiral set of teeth have a convex portion and a concave portion and wherein the convex portion is smaller than said concave portion; and

a selectively compliant core material running internally to said spiral set of teeth; and

coupling means for connecting said selectively compliant core material to said spiral set of teeth at both distal ends of said spiral set of teeth so that said fastener is laterally flexible along its length.

Claim 6 (original) The spiral set of teeth of claim 5, wherein said convex portion of a lower layer of spiral teeth fits into said concave portion of an upper layer of spiral teeth.

Claims 7-13 (cancelled)

Claim 14 (currently amended) A fastener, comprising:

a spiral set of teeth, wherein said spiral set of teeth have a convex portion and a concave portion and wherein the convex portion is smaller than said concave portion; and

a selectively compliant core material running internally to said spiral set of teeth and along the length of said spiral set of teeth; and

coupling means for connecting said selectively compliant core material to said spiral set of teeth at both distal ends